



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Check out VA Central Iowa Facebook Page for Updates

<https://www.facebook.com/VACentrallowa/>

Day/Date	Time	Location	Description	Who May Participate	Contact Information
Mondays in August	6:00- 8:00pm	VA Building 12 Room B109	<u>Music Therapy Jam Session</u> If you've ever wanted to sing/play with other veterans, join this open music clinic! Instruments are provided and experience is not necessary!	Any Veteran	Matt Lloyd 515-699-5999 X24983
Tuesdays in August	2:00- 3:00pm	VA Building 7M Room 101	<u>Chair Yoga (Beginner)</u> Beginning level yoga class with most movement in chairs. Learn about breathing techniques and relaxation.	Any Veteran	Megan Trimble 515-699-5999 X24039
Wednesdays in August	4:00- 5:00pm	VA Building 7M Room 101	<u>Tai Chi</u> Form of exercise that focuses on weight transfers, balance by using slow movements and can also help relieve pain, stress, and improve muscular strength.	Any Veteran	Josh Mulder 515-699-5999 x25984 Stephanie Day 515-699-5999 x23835
Thursdays in August	4:00- 5:00pm	VA Building 7M Room 101	<u>Mat Yoga (Intermediate)</u> Higher level mat yoga class that is trauma sensitive and helps assist Veterans with breath control, emotional regulation, and mental-resiliency.	Any Veteran	Klay Queck 515-699-5999 x24838

Monday, August 5 th	6:00pm- 8:00pm	VA Building 12/CLC 3 rd floor dining room	<u>Amputee Support Group</u> Come and join us for an open discussion and a fun game night!	Any Veteran or community member with an amputation	Amber Krakau 515-699-5999 X24982
Saturday, August 3 rd & 17 th	10:00am- 2:00pm	<u>August 3rd</u> Big Creek <u>August 17th</u> Location TBD	<u>Team River Runner</u> Come out to enjoy both the challenge and peacefulness that kayaking offers! All levels and abilities welcome. We have 3 fully adapted kayaks for anyone with a physical disability to try. All equipment and instruction provided for FREE.	Any Veteran <u>Must call or email to sign- up!</u> *Limited spots available*	Joni Osmundson 515-699-5999 x24980 TRRdesmoines@gmail.com Check out our Facebook page at "Team River Runner Des Moines" for updates
Tuesday, August 6 th & 20 th	5:30- 8:00pm	Locations vary Check Facebook page or call for pond location!	<u>Project Healing Waters-Fly Fishing</u> Have you ever wanted to learn how to fly fish? Join the Project Healing Waters volunteers as they teach you this fun new skill! All materials are provided. No experience necessary!	Any Veteran	Joni Osmundson 515-699-5999 x24980 or Dale Sanders Dale.sanders@projecthealingwa ters.org https://www.facebook.com/PH WFFDSM/
Friday, August 9 th & 30 th	Meet at the trail at 8:30am Ride starts at 9:00am	Trails TBD	<u>Veterans Riding to Live- Cycling</u> A group of cyclists who love to ride and be outdoors. Lunch provided by the DAV after the ride! *Some standard and adaptive bikes are available if needed*	Any Veteran	Klay Queck 515-699-5999 x24838 Joni Osmundson 515-699-5999 x24980 Check out our Facebook page "Vets Riding to Live" for updates

Wednesday, August 21 st	6:00- 7:30pm	VA Bldg. 12/CLC Room B109	<u>Women Veterans</u> Come join the women Veterans for a fun art activity with guest artist Cat Rocketship. She will teach you how to draw a portrait using pencil or charcoal. Please bring a picture of the person you want to draw (or you can draw someone in the room). All other supplies will be provided.	Any Female Veteran	Suzanne Anderson 515-699-5999 x24300
Wednesday August 28 th	6:45- 8:00pm	VA Parking lot in front of Building 12 Community Living Center	<u>Free Concert</u> All Veterans, families and friends are invited to come listen to the West Des Moines Community Band. Bring a chair or blanket as they will play outside.	Anyone	Suzanne Anderson 515-699-5999 x24300
<u>4th Session</u> Aug. 16, 23; Sept. 6, 13, 20	Fridays 1:00- 3:00pm	Warrior Run Golf Course 3089 North Ave, Norwalk 50211	<u>GIVE- Golf for Injured Veterans Everywhere</u> Free golf lessons for Veterans. Program provides refurbished golf clubs if you do not have your own. Earn membership card for free and discounted golf upon completion of all five classes.	Any Veteran <u>Must call to sign-up!</u> *Limited spots available*	Klay Queck 515-699-5999 x24838 http://giveforveterans.com/
Monday, September 2 nd	1:00- 3:00pm	VA Campus in front of the CLC (Community Living Center Building 12)	<u>3rd Annual VA Summer Bash</u> Live music, petting zoo, refreshments, games, and more! Family and friends are welcome!	Any Veteran	Kayla Lytle 515-699-5999 X23582

Saturday, September 7 th	5:00- 7:00pm	Urbandale Pool 7201 Aurora Ave, Urbandale, IA 50322	<u>Discover SCUBA Clinic</u> Have you ever wanted to try SCUBA Diving? This clinic is a great way to do so! You will be provided with education and necessary gear to trial SCUBA diving in controlled safe, relaxed environment. *\$5.00 to reserve your spot*	Any Veteran <u>Must call to sign-up!</u> *Medical clearance needed prior*	Joni Osmundson 515-699-5999 x24980
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